

Metropolitan League 2023 Season

Fixture	3
Date	02/12/2023
Venue	Hillingdon House Farm, Uxbridge, Middlesex

Venue

Course Location	Start	Hillingdon House Farm, Uxbridge, Middlesex UB8 1ES What3Words: spicy.slip.finds
Race HQ	Address	Hillingdon Stadium, Gating Way, Uxbridge, Middlesex UB8 1ES
Changing Facilities	Changing	Male and Female Changing Rooms and Toilets within athletics stadium from 11am to 3pm. Please don't try to use the facilities within the main sports centre.
	Showers	No
	Toilets	Yes, in the stadium
Refreshments		Yes, near the start line

Travel

Where possible, please use public transport, walk or cycle. If travelling by car, please car share to reduce the impact and check for restrictions that may be in effect in the area (Ultra Low Emission Zone for example). Please also park with consideration of others, especially if using on-street parking.

The league and/or host club(s) do not warrant the accuracy of the information provided so take no responsibility for any fines or charges that may be levied.

Public Transport	Details	Recommended Hillingdon station on the Met and Piccadilly Lines 10-15 mins walk from the course. U1 and U2 buses stop within 3 mins walk of the Sports Centre.
	Direction	As above
Cycle storage	Details	Outside the stadium and sports centre
Parking	Details	There are ONLY 50 pay and display parking spaces allocated for this fixture outside the stadium. Parking in the main sports centre car park is not permitted. Disruption caused by sports centre members trying to find a parking space in the main car park may result in this venue not being available in the future. If you must drive, please see the parking map provided for free street parking locations. There are also 2 large car parks in Uxbridge town centre, just 15 mins walk away.

Course details

Description	A PROPER XC COURSE. Parkland setting, undulating course, with one steep climb per lap, on grass and woodland paths. Very muddy areas likely. Option of a small river crossing for adults only if conditions on the day allow. There will be a longer route around the river for those who are unable/unwilling to cross the river.
U11 course	1 small undulating lap which includes the ski slope and wooded trail
U13 course	1 medium undulating lap which includes the ski slope and wooded trail
U15/U17 course	1 large undulating lap which includes the ski slope and wooded trail
Senior course	2 large undulating laps which include the ski slope and wooded trail plus the option of river crossing.
Additional Notes	Liable to be very muddy in places. If crossing the river please use caution and respect other competitors.

Timetable

The timetable is approximate and subject to change without notice where necessary. Please plan to arrive early and listen for any announcements.

Please note For the 2023 season, the timings have changed, and all races now start earlier. In addition, it should no longer be necessary for a start to be delayed to allow for finishers in the previous race.

Start Time	Race	Distance (approximate)
12:00	Under 11 Boys & Girls	2km
12:10	Under 13 Boys	3km
12:20	Under 13 Girls	3km
12:35	Under 17 Men/Under 15 Boys	4km
12:45	Under 17 Women/Under 15 Girls	4km
13:00	Senior Women/Veteran Women	8km
13:45	Senior Men/Veteran Men	8km

Additional Notes

Contact Details

Host club	Hillingdon AC
Contact Name	Martin Bateman
Contact details	07758765870 martin.bateman@btinternet.com
Welfare Officer	This is also available as the registration tent.

Maps

Parking Map



Overall Course Map

